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**NEW SURVEY FINDS MOST CALIFORNIA DADS OVERWHELMED
BY FATHERHOOD**

First 5 California Reveals Dads Need Access To More Parenting Resources

(Sacramento) – Today's fathers may be more involved in parenting than previous generations, but a new survey released by First 5 California found that 85 percent of California dads of young children feel overwhelmed by their child's needs. Additionally, almost half (49%) of them were surprised by how much they didn't know about raising their children.

"Making sure parents have access to valuable parenting information is a priority for First 5 California," said Kris Perry, executive director of First 5 California. "We need to continue to make educational resources available to both moms and dads, so they can help their children succeed in school and life."

According to the survey, older dads more frequently feel they have nowhere to go for parenting advice than younger dads. Fifty-one percent of dads over age 40 have been at a loss for information on child rearing, compared with 37 percent of their younger counterparts who have experienced this feeling.

"This survey confirms the need for free, accessible parenting information, like First 5 California's *Kit for New Parents*," said Perry. "This comprehensive toolkit has all the information parents need to prepare for the joys and challenges of parenthood."

The *Kit for New Parents* is valued at \$75, but is free to all new and expecting parents in California. Parents can refer to the *Kit* for information on nutrition, safety, quality child care, health, discipline and early learning. It provides practical information in an easy-to-use manner and can help build parents' confidence as they undertake their new role.

First 5 California has partnered with First 5 County Commissions, hospitals, clinics, county agencies, home visitation programs and parenting education classes to distribute the *Kit* to new parents across the state. Parents and caregivers can also receive a free *Kit* by calling (800) KIDS-025.

The survey was conducted by Kelton Research, a leading national polling firm, between May 31 and June 6. Kelton interviewed via telephone 401 California dads over the age of 18 with children under age 6. Quotas were set to ensure reliable and accurate representation of the total California population age 18 and above.

(more)

First 5 California Survey
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In this particular study, the chances are 95 in 100 that a survey result does not vary, plus or minus, by more than 4.9 percentage points from the result that would be obtained if interviews had been conducted with all persons in the universe represented by the sample.

About First 5 California

First 5 California, also known as the California Children and Families Commission, was established after voters passed Proposition 10 in November 1998, adding a 50 cents-per-pack tax on cigarettes to fund education, health, childcare and other programs for expectant parents and children up to age 5. For more information please visit www.first5california.com.

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